



square meals

# November



Have FUN and color me and Eat School meals!

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>Sausage Rolls</p> <hr/> <p>Pizza</p> <p>Soft Beef Tacos</p> <p>Lettuce &amp; Tomatoes</p> <p>Pinto Beans</p> <p>Orange Wedges</p>	<p><b>3</b></p> <p>French Toast Sticks</p> <hr/> <p>Pork Rib Sandwich</p> <p>Chicken Sandwich</p> <p>Sandwich Salad Cup</p> <p>Baked Chips</p> <p>Diced Peaches</p> <p>Cookies</p>	<p><b>4</b></p> <p>Breakfast Pizza</p> <hr/> <p>Chicken Rings</p> <p>Salisbury Steak</p> <p>Mashed Potatoes w/wo Gravy</p> <p>Spinach</p> <p>Applesauce</p> <p>Rolls</p>	<p><b>5</b></p> <p>Sausage &amp; Biscuit</p> <hr/> <p>Pizza</p> <p>Chicken Fajitas</p> <p>Refried Beans</p> <p>Corn</p> <p>Fruit Mix</p> <p>Cookies</p>	<p><b>6</b></p> <p>Honey Buns</p> <hr/> <p>Hamburgers/BBQ w/wo Sliced Cheese</p> <p>Burger Salad</p> <p>Fries</p> <p>Pineapple Tidbits</p>
<p><b>9</b></p> <p>Pancakes</p> <hr/> <p>Pizza</p> <p>Crunchy Beef Tacos</p> <p>Lettuce &amp; Tomatoes</p> <p>Pinto Beans</p> <p>Orange Wedges</p>	<p><b>10</b></p> <p>Breakfast Bagels</p> <hr/> <p>Frito Pie</p> <p>Hot Dogs w/wo Chili</p> <p>Oven Roasted Fries</p> <p>Diced Peaches</p> <p>Cookies</p>	<p><b>11</b></p> <p>Blueberry Muffins</p> <p>Grilled Cheese Sandwich</p> <hr/> <p>Fish</p> <p>Popcorn Chicken</p> <p>Mashed Potatoes w/wo Gravy</p> <p>Peas &amp; Carrots</p> <p>Applesauce</p> <p>Rolls</p>	<p><b>12</b></p> <p>Ham &amp; Cheese Kolache</p> <hr/> <p>Pizza</p> <p>Chicken Quesadillas</p> <p>Corn</p> <p>Vegetable Sticks</p> <p>Fruit Mix</p> <p>Cookies</p>	<p><b>13</b></p> <p>Pancake Sausage On a Stick</p> <hr/> <p>Hamburgers/BBQ w/wo Sliced Cheese</p> <p>Burger Salad</p> <p>Tater Tots</p> <p>Diced Pears</p>
<p><b>16</b></p> <p>Sausage Rolls</p> <hr/> <p>Pizza</p> <p>Corndogs</p> <p>Baked Beans</p> <p>Mac &amp; Cheese</p> <p>Apples</p>	<p><b>17</b></p> <p>French Toast Sticks</p> <hr/> <p>Spaghetti with Meat Sauce</p> <p>Ravioli</p> <p>Tossed Salad w/Dressing</p> <p>Diced Peaches</p> <p>Max Stix</p> <p>Cookies</p>	<p><b>18</b></p> <p>Breakfast Pizza</p> <hr/> <p>Chicken Rings</p> <p>Steak Fingers</p> <p>Mashed Potatoes w/wo Gravy</p> <p>Broccoli &amp; Cheese</p> <p>Applesauce</p> <p>Rolls</p>	<p><b>19</b></p> <p>Sausage &amp; Biscuit</p> <hr/> <p>Pizza</p> <p>Beef Nachos</p> <p>Refried beans</p> <p>Tossed Salad w/ Dressing</p> <p>Fruit Mix</p> <p>Cookies</p>	<p><b>20</b></p> <p>Honey Buns</p> <hr/> <p>Hamburgers/BBQ w/wo Sliced Cheese</p> <p>Burger Salad</p> <p>Fries</p> <p>Pineapple Tidbits</p>
<p><b>23</b></p> <p>Pancakes</p> <hr/> <p>Pizza</p> <p>Chicken Sticks</p> <p>Potato Medley</p> <p>Corn</p> <p>Orange Wedges</p>	<p><b>24</b></p> <p>Breakfast Bagels</p> <hr/> <p>Hot Dogs</p> <p>Baked Chips</p> <p>Pork &amp; Beans</p> <p>Diced Peaches</p>	<p><b>25</b></p> <p>HOLIDAY</p>	<p><b>26</b></p> <p>HOLIDAY</p>	<p><b>27</b></p> <p>HOLIDAY</p>
<p><b>30</b></p> <p>Sausage Rolls</p> <hr/> <p>Pizza</p> <p>Soft Beef Tacos</p> <p>Lettuce &amp; Tomatoes</p> <p>Pinto Beans</p> <p>Fruit Mix</p>	<p>Thankful for GOOD SCHOOL NUTRITION</p>			

## Breakfast Foods That Boost Brainpower

Kids who eat breakfast do better in school than kids who don't. But that doesn't mean you should eat just anything. Avoid sugary cereals and pastries. They'll pick you up only to let you down. Instead, go for foods that are high in protein and whole grains — like those offered by your **School Breakfast Program**. Menu choices like these will start your day right:

- \* Eggs
- \* Whole-grain toast
- \* Fresh fruit with yogurt and granola
- \* Hot or cold whole-grain cereal with low-fat or skim milk

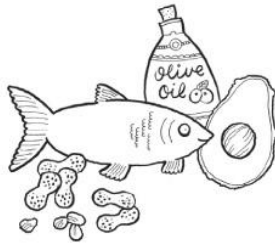
## Strong Families Make Strong Communities

November 22-28 is **National Family Week**, a time to think about your family and your community. To celebrate, plan a healthy neighborhood supper, write a thank-you note to someone who has helped your family, or play games with a family member or a friend you haven't seen in a while. What other fun things can you dream up?

## Good Fat/Bad Fat

Some fats are actually good ones. They provide energy, carry important nutrients, and are found in fish, nuts and vegetables.

You'll get good fats when you eat salmon, almonds, olive oil, avocados and peanuts. You'll find bad fats in foods such as potato chips, cookies and french fries.



## Check Out the CAFETERIA BUZZ



Menus meet recommended dietary guidelines and may change due to product availability, customer satisfaction or other significant market changes.

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at [www.mypyramid.gov](http://www.mypyramid.gov). Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service.

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